

A Bridge to Humanity

**You can always tell the insignificant by
the measure of their sense of significance**

Don't get in the middle of an asshole sandwich

You're punching way beyond your weight

Everything could be considered food if you can eat it

**You really want as much smart, capable people as humanly
possible
stack in the most important offices at the most important
agencies
for just like the moment we are going through now**

Small business's are drying up and dying on the vine

**Don't be a dope .Find a way to cope. Adjust to the new
normal**

**He says he takes no responsibility yet he wants absolute
authority**

It's what you would expect a child king to say

**The Mike Watson Effect - Overwhelm and flood the media
platforms(internet sites) with tons of media through
several
different outlets or sites as many as fifty including
music, film,
writings, art and performance.**

Making the best of your life

Flugnoids are known to recycle body fluids

To be a human it helps if you also become a person

He lives in a different reality from the rest of us

The tragedy of it effects our reality

**You can't take what he says seriously because
he doesn't take it seriously**

**It's very hard to see how his character has not become
part of our national destiny in a way that is helping**

The Republicans are going to lose a generation

**A common good as opposed to an individual high through
a
day of wanting to be praised, wanting to be thanked
because
you are working hard**

**George W. Bush said "Nobody wants to hear the President
of the United States say Oh Whoa is me" You just do the job**

Panic Porn

Marry Up not down or at least even.

Window into your soul

Fighting to survive the next ten minutes

A failure of imagination

Crazy Lenny the sales guy

There is a cultural movement happening

**8 minutes and 46 seconds - A public viewing of an
execution**

**The Plunge ahead by our coward in chief is not gonna
work**

I'm gonna just say a few words and leave it at that

**You can't move forward if you're always looking
in the back at yourself**

**Rinkie Dink was the father Corkeyed was the mother
and Won Frend was the son**

**Policing even when it does everything right is a tool of
violence and social control and should always be
understood**

**as a deeply problematic institution and every time we
turn over a problem to them we're inviting that violence
into our lives. I think we all would like to live in a world
where public safety isn't achieved by people with guns
and putting them in cages.**

Reading is a good way to take this time to enrich yourself

**Whatever subject you enjoy, regularly reading is something
that can play an important role in peoples lives right now**

Engagement is the currency of the attention economy

Algorithm are optimized for engagement

He uses his proximity to power to corruptly enrich himself

**Twitter Stock has doubled since Trump
arrived from \$16.00 to \$32.00 a share**

**Masculinity isn't the ability to take a stand and
immediately start talking over others.**

Its the opportunity to be self-aware,to be mindful.

We should be a little more silent

**It take ten times the man to take time,to think
and admit when their wrong or don't know
what your talking about**

**White People are showing the level of passion for
black people that they normally reserve for animals**

Don't put yourself in a no win box

It's not what you see its what view you take

Food is either medicine or poison

It only takes 4 to 6 weeks to change your metabolic profile

**It's about older white guys with power and
authority that they know they don't deserve**

Character - Temperament - Disposition

**Frank Sinatra, Elvis Presley and Linda Ronstadt never
wrote any songs but choose the right songs to cover**

Success can be as scary as failure

**You feed the machine and the monster wants more
Understand the power of the movement
We grow by learning from our mistakes**

**Lyndon Johnson had a hero in FDR
FDR's hero was Teddy Roosevelt
Teddy's was Lincoln
Lincoln's was Washington**

The movement will connect with power

**On the cheap also called a cheap down is when
someone devalues the worth of another and
shows it by paying less for whatever service they
got or was provided. To them its just smart business.**

**Some people can only live on a pedestal
while others live on the pavement**

He spent years behind in time and over budget

As long as I have air in my lungs and blood in my veins I'm gonna keep doing what I enjoy

Quality of life is important to all of us and ignorance is not an evil thing. Ignorance only means that people haven't been exposed to the facts. That's what dialogue is all about. It's not about throwing rocks or casting doubt.

**I'll be for you or against you
whichever will help you the most**

Its about a sharing of reality

Some people only have a passion for one thing

Does Character trump Policy ?

Good judgment and an ability to take over

**With the energy of a 17 year old
the focus of a 30 year old and
the wisdom of a 100 year old**

Situation Awareness

If you drag your feet I'll probably see your tracks

He was like a sparrow who had an opportunity to fly with and learn from eagles only to be group together later in life with and end up with mosquitoes.

You need to have a set of priorities and build an organization. You have to handle yourself in a pinch and have a temperament that can handle the shocks that happen. Keep everybody tuned into what you are doing. Have a quality of restraint .

You opened the can of worms so here are the worms

Character is self control and empathy. Both require constraint

**The silent community is about everyday
any time practical meditation or taking
a moment in life to take a breath**

**Someone said she had had more
fingers in her than a bowling ball**

Pricing is a informational devive

**Do you know how many people in Japan
under the age of 30 died from Covid 19?
One and he was a sumo wrestler**

Rise up and see the greatness of someone else

**Everything on the planet Earth is
made up of just 92 elements**

**When most lost hope we kept moving forward
When fools got more foolish we got more aware
of a way to make it better and we did
The fools never got it before it was too late
so we carried the load our self**

The Monsters Opera

My life would be like a play if life was a musical

**To me there is a difference between someone who
plays an instrument and someone who is a musician
Usually a person who plays an instrument only play
songs that someone else has recorded or played
Maybe they have created some music of their own
but usually not. Like many artists musicians are similar
in that they are only interested in copy. That is someone
who plays an instrument. Some who I would call a
musician
creates from his own life experiences and trust his ability
The Hick Ups - Life is a party**

**If I had one wish it would be that the world
would see and be improved by my creativity**

**You never really know someone until
you hear the whole story**

**Our beliefs don't make us better people
our actions make us better people**

**She said : I don't wear a mask for the same reason
I don't wear underwear because things need to breath**

**The Quiet Cult is about listening to the world
and the sounds of life and the silence between sound
They observe moments of silence three times a day
Singing or at least whistling or humming three to
five times a day. Treat any animal or even an insect
that you see treat as a friend**

**Its about being in relationship with
everybody and everything living**

**Always a novice at heart at any
level or stage of development**

**Sometimes its not easy becoming
a product of humanity**

**You have to have the cake before
you put on the frosting**

I grew up and became what I needed to be

**The Golden Buzz -The high where you're
feeling altered but able to function properly**

You need information before you make a judgment

**Wherever there is an ending
there is a beginning
Hero of the weirdos**

**All things in nature have an arc. Something is conceived.
Its born. It grows its nurtured,it flowers. It produces fruit
it starts to age,it withers,it decays it dies**

They be looking to get some of that glow

The Ass Backwards Club

The Half Ass Brothers

Rinkie Dink incorporated

Learning to survive in the shadows

The way of the dead is to know nothing of the living

We study and learn to become better versions of ourselves

Don't wait for things to happen make things happen

**Sometimes life is like putting a jigsaw together upside
down**

I needed to became a person as well as becoming creative

Our choices put us on the road

**I want to make my own decisions
Go my own way**

In the cold night of day

His talent came from his soul

An egg can't be unscrambled

The situation was submerging me as a human being

Its when opportunity meets experience

Sometimes you can't be so disengaged in life

that you miss any opportunity to advance

Its like nailing jello to a wall

Lenny and the Leftovers

Your coming to celebrate what you know

Powerless over a well controlled argument

Don't talk about it Be about it

Lead with strange put your best foot forward

**Introduce through the character the
peculiarities of their life and the obstacles
that stand in the way of their happiness**

Fill the void

**If you ain't feeding me,fucking me
or financing me I'm not gonna listen**

**If you don't get ahead of your own
narrative it will run right over you**

**Its from the greatest simplicity
that we find understanding**

Its unique ,vital and essential

Its in the non essential parts of our lives

Is there an art to listening ?

Christmas on a cracker

**He was a good person and didn't
add to the troubles of the world
Start where you are.
Use what you have.**

Do what you can

**In the end as we get older we just somehow
become more of what we've always been**

**Monkey People aren't people who are stupid
Most Monkey People can't get motivated
unless there is a personal gain or reward
They only recognize life experiences as either
a curse or a blessing never as a challenge
or as an adventure or something that
they could learn from and maybe transcend
their limited thinking and behavior
Unlikely unless they have the opportunity to
be around people who see life as an adventure
and an interesting if not an exciting experience
and some characteristics could rub off on
themselves and stick and learn something
Monkey people have limited or no interest in
learning new things unless there is little or no
effort needed or required. Sometimes you have
to be a little bit curious before you can be drawn
in and be interested.**

**Some people spend their whole life looking
for something and never finding it. Other
people seem to discover and recognize that
single moment that changes another persons
life existence and outlook of their life.
Open your eyes and let the future in**

**They had two choices
slim and none. And slim
just walked out the door**

**Do what you do that
fills your heart**

**If its something worth saying
It deserves eye contact**

**Life is a highway
Lets drive it all night**

**He was someone who wasn't
living for power or popularity**

**You create characters
you put them situations
You create relationships
and then see what happens**

**A story about someone
who begins a new life**

Soul Banding

Playing counterpoint

To see and encourage potential

Moving Forward in Life

**Having a borderline attachment to reality
Implausibility,Difficulty in interpersonal
relationships. Mood instability ,unstable
relationships,not coping well with stress
Not dealing well with intimate relationships.
Its a way that we cope. Its the way that we
deal with life.**

**Emotional Regulation - Maintaining and
controlling your own Emotional Instability
It helps in a way you approach the world**

**What to watch out for. Seeing people either
as all good or all bad. Having impulsive and
emotional instability.
Fear of being abandoned
Having a disturbance in identity**

Please don't compliment me or express that I'm significant or more significant than anyone else. Otherwise I'd be compelled or at least obligated to tell you the worst things about myself maybe even to the point of you being repelled by behavior you might consider unbecoming or at odds with how I turned out . I would do this to counteract the statement said to let you know that I am as insignificant as anyone else and as human.

Its better to bend the script to the performers personality rather than force a performance beyond their limitations

I'm interested in human nature and issues that confront the ordinary people

Sidney Hipple puts together an event where local residents of Lowell ,with unknown or unrecognized talents or abilities that are unique in many creative genres and abilities. Each participant is different and has developed in their own way and style that adds a different flavor to the creative stew.

I don't want to dilute our effectiveness and stay results oriented

Getting with people who are getting things done

A society that is living on a pile of pillows

Half of America don't have more than \$400.00 in the bank

Butt Stuff - Shit you don't want any more that someone else might want to buy . Like an online yard sale that includes original items from art,films,music and even

**literature. A lot of it is underground.
Some people think its just other peoples junk**

Know when to get off stage

Heart with a callus

**Its a reality distortion field
he has cast over people**

**If you don't like the way
they make sausage then
just close your eyes and eat**

**Are you gonna just sit on
the porch or are you gonna
run with the big dogs?**

**What was the cause of the bed behavior?
Bad parenting,Bad genes,Bad environment
bad brain chemistry**

Mill City Memories - A life in Lowell

**He's like the rooster that thinks
he made the sun come up**

**Everything in life is free but its
for the birds and the bees**

**May you get what you want
May you want what you get**

Marketable Commodities

**Situations have a way of
turning themselves around**

Cold Karma

Being a product of our time

is no longer an excuse

**All great jokes have an
element of truth to them
Who was it that said
Men take on a particular
quality by engaging in
a particular behavior**

**You need to have some interaction
ability with the people you are
helping or associated with**

**People who aren't happy
are the people who really
don't know why they are
on the face of the Earth**

**There are three ways to persuade
people orally or by writing well
or by leading by example**

**Getting to some end
and proving their point**

**It looks like a gold ring
in a pigs nose**

The luck of fools

Tougher than a two dollar steak

Maybe its magical thinking

**Learning who you are isn't like flicking
a light switch, its a process,its a journey.
You don't just wake up one day and the
world and your outlook in life and about
people is suddenly altered and changed.
I don't think it happens that way. If it**

**does I've never seen it. Maybe its best to
consider any intellectual advancement
or deeper understanding that happens
as an adventure . Don't expect anything
and you'll never be disappointed**

Wally Nelson - Local Willy Nelson clone

I can live in any environment I'm thrown into

**Its like natures way of dealing with global
warming. Its like the Earth is trying to heal itself**

**You can't change the Monkey People. Its best
to just let them swing around on their vines
and imagine they are flying.**

**Music has many different sounds
and one of them is silence**

Happy talk instead of preparation

**If you had to look at and take the hand
of all the dying,you would most likely
be affected and changed**

Change comes when we find one another

**We need to create the conditions for recreating
our lives. It requires organization.**

**He never took into account culture or social
interaction or social economic differences**

**When we laugh our bodies release Dopamine
Its that happy chemical that makes us feel
light and easy when we sip on some spirits.
Laughter helps make life suck a little less.**

**Laughter is the sound of comprehension
and that comprehension helps us**

get through tough times

Being an artist or musician and not keeping with the times is like finally taking your fingers out of your ass but not bothering or considering or even thinking of the importance of wiping off the shit

In life I've may have learned a lot from things I maybe shouldn't have done

Humor is the universal solvent against the abrasive elements of life

Hatred corrodes the container its carried in

The Lowell house Of improv has been operating pretty much undiscovered,unnoticed and under the radar in Lowell since 1999

Emotional intelligence is being able to understanding the point of view of someone else

You are a human being that makes mistakes .You can discover those mistakes and learn from them. You can't grow if you make mistakes and can't understand them

Get your groove back

The Reality of Life

I've always been more curious than cautious

Its important to select capable people to represent what you are doing with humility

People who are well trained in what they do and well educated to take in stride the things they can't anticipate and solve things that are

**unpredictable. People who are humble enough
to know they don't know it all.**

**I think hands on activities are really good for our bodies
and
our brains and our mental and emotional health to have
something artistic or creative and something we do with
our
hands and not be disconnected from the physical world**

**Its like spooning out a bathtub
Success is the ability to move from failure
to failure without losing enthusiasm**

**A candle that burns twice
as bright lives half as long**

**Wasn't it Harry Truman who said "Not every reader
will become a leader but every leader has to be a reader**

**People work of fear of consequences
than they do out of good conscience**

Did you confuse reacting for feeling ?

Did you mistake compulsion for freedom ?

Keeping art and culture as true as possible

**Bringing people together because
of similarities not differences**

**If you understand your limitations and work with
them there really isn't anything you can't accomplish.
But if your limitations requires you to depend on
someone else How far can you go ?**

**You can play with the monkey
but don't pull the chain too hard**

Wouldn't you rather have me in

**the tent looking out than have me
outside the tent looking in ?**

Pump the breaks ! Pump the breaks !

You either shine or you melt

**You can do a series of non routine tasks that
requires social intelligence,complex critical
thinking and creative problem solving**

**What do you know about your specialty ?
We may have differences of
approach,degree or timing**

**There is something to be said
for experience, knowledge,
judgment and surrounding
yourself with people who know**

**Your judgment should be guided by
evidence,data,fact and true knowledge**

**Bring values,strategic thinking,optimism
and competence in what you believe in**

**Create a reality and live in it
Be the person the world needs**

**Know your power,count everything
you've done in life so far. Be yourself**

**Sincerity and authenticity is
everything and be ready
What a time to be alive**

**We have to learn about love
before we learn about hate**

**Its about protecting the stranger,
the prisoner,and the poor person**

and that idea of welcome

Discipline - Focus - Detail

**All meaning accrues in duration and
the work that we are proudest of,
relationships we care the most about have
benefited from our sustained attention**

**Nobody in the history of humanity has
ever been persuaded by insults and hatred
You can't hate somebody into agreement**

Humanize another person on purpose

Humor is the last defense of the human soul

**Faith -Its the purposeful
suspension to critical thinking**

Edging - the practice of erotic sexual denial

Nothing normal looks good

Who here has friends in low places

**People are tired of the non stop craziness of the
Raw Dog Donnie Show that seems to consume
our waking hours. Please! Enough! Let it stop.**

**I gotta go with Joey B. I also grew up stuttering so I
know what its like to start out life perceived as an
oddball and outcast and overcoming it in my 20's**

I'm here on Earth to have a good time

Toxic optimism

**How to solved the immigration problem
Let everyone in and let them populate
Wyoming and North and South Dakota**

In 2018 the American people lost 118 billion dollars of their personal wealth to government sanctioned gambling

Anchor Tenant

What good is money if you don't share it with other people

**The top 1 % incomes since 1978 correcting for inflation are up 157%
The bottom 90% are up 22%**

**Tax Wealth - Tax More types of incomes -
Limited deductions of rich people**

People between the ages of 18 and 30 don't have sex as much as people use to due to financial restraints, career aspirations and a willingness to put down the phone. And more adults are living at home.

Humans are already using 1.7 times what the planet can support in resources. The world population is increasing by a million people every 4 and a half days. In 1900 there were less than 2 billion people on Earth. Now its approaching 8 billion.

You give a mouse a cookie he's gonna want a glass of milk

People are trying to buy away their sadness

That's a job for incremental lifestyle changes sustain over time

I'm trying to temper my expectations

A day is a long time to feel happy

Sorry. I thought you were an eye float

What's the shared experience ?

**Your feelings have been made
manifest with interaction**

He wears a dirty diaper well

He's insightful and socially conscious

**Its better to understand others
than it is to be understood**

**There is something interesting in everyone
An moment an idea could catch fire or an
authentic moment might take off and change
the way people see you. A awkward event
could change the discussion**

**Today with social media you
can go from being obscure to
famous in 48 to 72 hours**

**Its not about where you came from,
its about where you are going**

**Traditions are reexamined periodically
through out human history**

**A great CEO surrounds himself with the
best people he can get and gives credit away
leads by example,is direct and honest,has
empathy and has a single strategic focus.**

No man can change the nature of another

Putting harmful packaging out in the waste stream

**Every minute of every day humanity buys 1 million plastic
bottles. The amount of plastic produced in a year is**

**roughly
the same as the entire weight of humanity. And it doesn't
go
away. Its in everything from salt to seafood.**

**It never hurts to be curious. Sometimes it leads to being
interested. If you get interested you may have an
opportunity to get involved. If you get involved and
possibly become committed there is a chance that you may
learn something or even experience something new.
Most people tend to live in a vacuum like a little bubble in
that vacuum they are restricted and safe from the outside
world. By being uninvolved in pretty much most of what is
going on outside of their vacuum. Their life experience is
always
limited. If you can reach out and at least expand your
vacuum and experience new people and new environments
and get involved in life, alignment to who choose to
experience your life with is of great importance. Sleep
with dogs and you wake up with fleas. Your friends are
what you have chosen or whom life circumstances has put
in your path. Always consider your S.L.S. Suitable Life
Situation and the experiential overlap. Pierce a hole in that
bubble and let some air in.
I like to make fun of the things I love**

**We had to make our opponents, the people who didn't
agree with us, not to feel stupid but make our case and
let them feel smart if they changed or alter theirs.**

**As our story begins with one of life's most unlikely
people to ever be considered or deserving of recognition
or even being accepted by anyone of significance that
could move or influence his life with any meaning or
substance but it happened. Sidney Hipple goes into
another dimension (world) where almost everyone is
servery disabled with little hope of anything changing.**

You have to keep trying no matter what.

Its like banging a rock,you may have to hit it 50 times before it breaks.

Change Maker

We are like the spider,we weave our life and then move along it.

My creative output stems from my interest in music. Learning to play guitar and keyboards and creating and developing my own unique style of making music.

I never had the intention of becoming an instrumentalist .I just wanted to get my vocal out there and be a vocalist. I played guitar at first then later concentrated on keyboards or as they are known keyboard work station by Korg Keyboards.

You need to put people in a situation of self-determination

He's a complete amateur in American public life and rules of norms are mysteries to him. He violates all existing norms.

We need to address family dysfunction,lack of opportunity and economic desperation

The reality is that he is unbriefable

Either he's lying or he has no sense of reality

**Humility goes a long way
He's undisciplined intellectually and emotionally. He's not sophisticated.
He is a student of nothing but his own public image. He is driven by self absorbed goals**

The problem is that he doesn't know policy

Its like smashing eggs with a sledgehammer

**They have no governing philosophy
that is interesting They have no
value system except fear of others**

**Social Media brings out the
beer muscles in everyone**

Addicted to likes

**We spend our time in a social media world
that doesn't represent us. Its not the same
as people getting together in person
and engaging with each other.**

**They call him Mister Cheater Mussolini
Coward In Cheat**

Find the value of your life

**Things become obsolete because
other things come along that grow
and improve beyond the original thing.**

**Help the people who live
in the shadow of society**

**Why is it that the behavior on social media
has started to leak over into real life?
The structure of social media contributes to this.
People go to social media for attention.
One structure of social media is capturing emotions
that don't really have a lot to do with reality.**

I'm an information receptacle

**What does China and India have in common?
Biggest Smokers**

**My Improbable life by Lenny Hall
The Last Of The Self Made Men by Lenny Hall**

**Do you drown your sorrows and surrender?
It's your only life to live**

Never mistake wishful thinking for useful thought

**They don't know who they are or where they are going.
They have no idea of what they are doing in life.
They're on a train to nowhere and they are getting
their tickets as fast as they can.**

Catch the right tone

**All the years of study and practice and
experience finally caught up to me**

Have epiphany for the people who struggle through in life

The inability to see others as worthy as themselves

Its about consciousness and person hood

Start noticing other people

Don't avoid meaningful relationships

In Search of Interesting People

Perception is Reality

**People should be defined by who
they are not by who they were**

**Our Stories get to transmit
experiences,information
and emotion**

**He's like a teabag. You don't know what
you have until they are in hot water**

The Astral Plane is where the soul leaves the body

Its based on the source code that shapes reality

Genius happens in a moment

**My reading choices have very much
influenced my code of behavior**

See the moment Find the moment

Experiencing the profound harmony of the universe

People are stupid because they read less

Love is an expression of familiarity over time

**His own insecurity as a imposter know full
well he's in that office way over his head
and so he has to diminish everyone else**

**Weather is what you complain about.
Climate is why you move**

Its about honor and conduct

FOMO - Fear Of Missing Out

Express your passion

**Who has Humility
Who has Empathy
Who has Resilience
Who has the Ability
to lead a team
Who shoulders Responsibility**

The code of life

**Understanding and appreciating nature
Let the audience know who the characters are,**

**show what the problem is and solve the problem
In ten minutes know the back story**

Treat others as important as yourself

**Participation not paralysis
Everyone gets involved**

**Stay relevant be part of the
solution to improve the world**

**Facebook and social media
is the tobacco of the times**

**Whats ruining society?
Facebook looks like its the new cigarette
Its an organization where the product is
not good for you. Its addictive
They are going after the kids**

Practice self care

Man plans God laughs

**We're building weapons we don't
need for conflicts we shouldn't be
having or won't be having.**

We're seeing ten years of change in ten weeks

Ground yourself with values that last

Build a community

**We don't need bail outs for investors
we need bail outs for workers**

**Half of Americas workers are
employed by small business**

Helping the insignificant to becoming significant

**Million of lives that are blighted by opportunity
Young people who miss the chance
to get on the career ladder**

**You'll see people who don't feel good about
themselves because they ain't having a
contribution they can make to society**

**Now we appear to be relying
on hope and wishful thinking**

**We need people who are flexible,
that are bold and who want something
new rather than something old**

**For those who aren't interested in making
a contribution its going to be tough times**

We are as dumb as we want to be

**Social networks are like open sewers.
They are full of untreated,unfiltered
information. They have diamonds and
rubies and gold and gems and they have
toxic waste,rusty cans and broken glass
and if you don't have a population that
has the filters to sort out one from the
other you get where we are today.**

The mad king is suggesting nonsense

**Creative interest and involvement can develop
into a life skill or at least maybe a passion**

Half of life is being social and involved

**The soul is the essence of what we are and
is the prominent feature of our being.**

Life is about being comfortable with yourself

as you go forward in the world

**He had a third grade intellect
but a first class temperament**

**He has no sense of humor. He never tells jokes
He is a coward. What he says in a tweet
he would never say to your face**

My curiosity leads me where I need to go

Observe people and human nature

**The good life is feeling like you're
getting something done that is useful**

**Keep moving, have a purpose
and a sense of meaning**

Feel and have a sense of the world

All we have is the present moment

**I know I'm going to die
but not in my life time**

American Improvisationist

**My Dream Cast - John Waters - Jane Lynch
Seth Macfarland - Alan Alda - Tracey Ullman
Jeff Bridges - Fred Willard - Alex Baldwin
Bryn Cranson - Larry David - Liev Schreiber
Tina Fey - Joaquin Phoenix - Bill Hader**

**It was the day he no longer needed validation for his life
choices and experiences by anyone in his field of human
activity, his environment that he choose and learn to adapt
to. He no longer reacted to the shitheads of humanity and
their personality cults. He lived in the 70's when the world
was saturated with cults and beliefs of all sorts. He refused
to have any concerns about the people (carbon units) that**

he wasn't aligned with as far as common interest or mutual lifestyles, but were distractions. If you weren't adding anything to his life experience but came close to becoming a contaminant or poison.

Life isn't (always) about being recognized but by recognizing what others have done

Children of alcoholics are called Pleasers